

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: *Pork, Meatballs

Product Code: 5022

Processor: J.T.M. Provisions Co., Inc.

Category: Meat and Meat Alternate

Date: 6/2/2005

Description: Pork meatballs are a fully cooked ground pork meatballs with a mild Italian flavor. This product is fully cooked and they are individually quick frozen to allow for easy separation.

Pack Size: 6/4 lbs bags, 154 servings per case

Storage: Store at 0 degree's F or below

Preparation: Keep frozen until ready to use.

Cooking: Convection Oven: add frozen meatballs to sauce, cover pan and heat approximately 30 minutes at 375 F. Stove Top: Add frozen meatballs to sauce, simmer in covered pan for approximately 40 minutes at 180 to 200 F.

Serving Size: 4 meatballs, 3.12 oz

Meal Contribution: 2 meat/meat alternate

Nutrition Facts			
Calories:	160.00	Protein:	12.00 grams
Total Fat:	9.50 grams	Carbohydrate:	6.00 grams
Saturated Fat:	3.50 grams	Cholesterol:	31.00 mg
Trans Fat:	grams	Calcium:	42.00 mg
Iron:	2.00 mg	Dietary Fiber:	0.00 mg
Sodium:	600.00 mg	Vitamin C:	1.00 mg
Vitamin A:	46.00 IU		